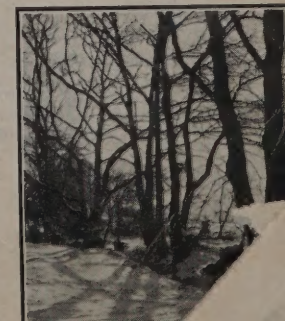




SPASTICS NEWS



NATIONAL SPASTICS SOCIETY CENTRES

NATIONAL RESIDENTIAL CENTRES

THE THOMAS DELARUE SCHOOL

Dene Park, Tonbridge, Kent.
Telephone: Tonbridge 3859.

Headmaster:

H. B. Davies, Esq., M.B.E., B.Sc.(Econ.).

Chairman of the Board of Governors:
Douglas Delarue, Esq., J.P.

Secondary Modern and Grammar Education for Spastics of 11 years and over.

Accommodation 66.

IRTON HALL SCHOOL

Holmrook, Cumberland.
Telephone: Holmrook 242.

Headmaster:

A. Lubran, Esq., M.R.S.T., A.A.O.T.

Chairman of the Management Committee:
J. D. Herd, Esq.

Education for Spastics reputed to be below average intelligence.

Accommodation: 34.

THE "SHERRARDS" TRAINING CENTRE

Digswell Hill, Welwyn, Herts.

Telephone: Welwyn Garden 2125.

Principal: E. L. Knight, Esq.

Chairman of the Management Committee:

The Hon. Lady Bowes Lyon.

Vocational Training Centre for young adult Spastics.

Accommodation: 31.

THE CRAIG-Y-PARC SCHOOL

Pentyrch, Nr. Cardiff.

Telephone: Pentyrch 397.

Headmistress:

Mrs. C. M. Kearslake.

Chairman of the Management Committee:
Miss M. B. Jowett, M.B.E.

Primary Education for Spastics between 5 and 16 years.

Accommodation 49.

HAWKSWORTH HALL

Guiseley, Leeds, Yorks.

Telephone: Guiseley 2914.

Principal: J. D. Johnson, Esq.

Assessment Centre for Spastic children between 5 and 13 years.

Accommodation: 24.

PRESTED HALL & THE GRANGE

Feering, Kelvedon, Essex.

Telephone: Kelvedon 482.

Warden: J. H. Watson, Esq.

Chairman of the Management Committee:

Miss Mary Ruck, R.R.C.

Residential Centre for Spastics aged from 25 to 40 years.

Accommodation: 31.

THE GRANGE:

High Street, Kelvedon.

Accommodates 13 Spastics over the age of 40 years.

THE WILFRED PICKLES' SCHOOL

Tixover Grange, Duddington,

Nr. Stamford.

Telephone: Duddington 212.

Headmaster:

R. A. Pedder, Esq.

Chairman of the Management Committee:
Eric Smith, Esq.

Primary Education for Spastics between 5 and 16 years.

Accommodation: 60, 12 Day Pupils.

DARESBURY HALL RESIDENTIAL CENTRE

Daresbury, Nr. Warrington, Lancs.

Telephone: Moore 359.

Warden: F. W. Bellman, Esq.

Chairman of the Management Committee:
George Evans, Esq.

Residential Centre for Male Spastics aged from 16 to 35 years.

Accommodation: 26.

NATIONAL HOLIDAY HOTELS

ARUNDEL PRIVATE HOTEL

23, The Leas, Westcliff-on-Sea.

Telephone: Southend 476351.

Manageress: Miss M. Burden.

Chairman of the Management Committee:

H. F. Savage, Esq., J.P.

Hotel for Spastics and accompanying relatives or friends.

Accommodation: 19

Write to Manageress for bookings.

COOMBE FARM RESIDENTIAL CENTRE

Oaks Road, Croydon, Surrey.

Telephone: Addiscombe 2310.

Warden: F. W. Bowyer, Esq., M.A.

Chairman of the Management Committee:
R. Meek, Esq.

Residential Centre for Spastics aged from 16 to 25 years.

Accommodation: 41.

S.O.S. HOLIDAY HOTEL FOR SPASTIC CHILDREN

Colwall Court, Bexhill.

Telephone: Bexhill 1491.

Manager: F. E. Chappell, Esq.

Chairman of the Management Committee:

David Jacobs, Esq.

Accommodation: 23.

LOCAL CENTRES AND CLINICS

In close co-operation with Local Authorities and/or Hospital Management Committees, the following Groups provide or assist special schools and/or treatment centres:

Hull	Pontefract
Isle of Wight	Portsmouth
Northampton	Reading
Nottingham	Southend-on-Sea
Oxford	Teeside

Working independently, the following Groups have set up special schools or treatment centres:

Birkenhead	Leicester
Bolton	Plymouth
Cheltenham	Stockport

Operating entirely by voluntary contributions, the following Groups have treatment centres with or without nursery

classes. Some of these centres operate every day, others only part time:

Bedford	North Stafford (Stoke)
Bridgwater	Oldham
Chesterfield	Poole and Bournemouth
Croydon	Salé
Epping Forest	South West Middlesex
Gillingham	South West Surrey
Grimsby	Swansea
Ipswich	Urmston
Luton	Wycombe and District
Maidstone	York
North London	

The following Groups have, what might be termed, special occupation centres and, in some cases, treatment is available together with speech therapy:

Brighton
Bristol
Cardiff
Crewe
Dudley

Ilford
Scunthorpe
Southampton
Southend

What might be termed Welfare Departments, mainly designed to assist older Spastics, are operated by the following:

Bradford	Nottingham
Halifax	Widnes
N.W. London	

Work centres, varying in scope, have been opened for adults by the following:

Bedford	Kingston-on-Thames
Croydon	N.W. Kent (Erith)
Central Middlesex	Stockport
Central Surrey	Swansea

Holiday homes are run by the following Groups:

Cumberland, Westmorland and Furness, at Allonby, Maryport; Hull at Bridlington.

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FRONT COVER

OUR COVER this month proudly puts on display part of the superb collection of Christmas cards the N.S.S. has prepared for you and the general public this year. Old Masters at the National Gallery have been studied closely by experts to provide Christmas card ideas.

Details in famous pictures, which the ordinary visitor to the gallery often hardly notices, have been picked out by cameras and the result is six brilliantly coloured cards which have been selected by Mr. F. H. K. Henrion.

He told me, “The Society wanted something different and something which would reflect the real spirit of Christmas.”

In addition the cards printed by spastics in their own homes have been specially designed and you will agree are absolutely delightful.

This year there is a card for every taste.

See the list below for full details.

From left to right, starting at the top:

Reference C252 Crivelli.

From Series C. at 1s. 3d. each with envelopes 6in. by 6in.

This series is comprised of six details specially selected by F. H. K. Henrion, M.B.E., R.D.I., F.S.I.A., Design Consultant, from Old Masters. These cards are of the highest printing quality in full colour. Name and address can be overprinted at a small extra charge.

Series K. at 3s. six cards and envelopes 5in. by 6in.

This series consists of details of the famous woodcuts by Albrecht Dürer, the German artist living in Nuremberg from 1471-1528. Printed black on white.

Series H. at 3s. 5in. by 6in. Series H. and K. have all been specially designed for printing by spastics at home and in work centres.

The Robins, black red and orange on white. Girl in crinoline, blue on white. Bethlehem, black and blue on white. Father Christmas, green and red on white. Three Kings, red on white. The lion and the lamb, yellow, green and black on white.

(Solution to August Crossword)

ACROSS			
1	About Nothing	3.	Tonga
8.	Satan	4.	Ovolo
9.	Imbue	5.	Hoist
10.	Galls	6.	Nabob
12.	Much Ado About Nothing	7.	Lear
15.	Tiber	11.	Adobe
19.	Swashbucklers	13.	Unwed
20.	Adder	14.	Haste
23.	Masters	16.	Inlet
27.	Okapi	17.	Error
28.	Alarm	18.	Scrap
29.	Nadir	20.	Arab
30.	Second Fiddle	21.	Drake
		22.	Romeo
DOWN			
1.	Assam	23.	Mated
2.	Optic	24.	Sinai
		25.	Ended
		26.	Serge

Series D. 2s. for six 5½in. by 4¼in. Coloured cards with a religious theme.

Series A. 2s. 6d. for six 5in. by 5in. Snow scenes in colour.

Series G. 2s. 6d. per packet a pack of 12 assorted cards.

Series E. 1s. for six 4½in. by 3½in. Assorted children’s cards in gay colours.

Cards to be ordered from Sundew Cards, 32 The Mall, Ealing, London, W.5 Tel: EALING 2578.

FOR YOUR DIARY

MR. WILLIAM HARGREAVES, the Industrial Liaison Officer will be speaking at meetings in the following towns:

September 4th. Leicester Rotary Club.
September 11th. Maidstone Disablement Advisory Committee.
October 2nd-13th inc. Assessment Course 11, at Birmingham.
October 18th. High Wycombe Disablement Advisory Committee.
October 24th. Rotary Meeting at Brierly Hill.
October 25th. Dudley and District Group Meeting.
October 30th. Rotary Club, Bournemouth.

MISS SHIRLEY KEENE, the Society’s Lecturer, has the following engagements (these bookings are subject to alteration):

September 7th, 2.30 p.m. Romford Branch Women’s Gas Federation, Red Cross Hall, Seymer Road, Romford, Essex.
September 8th, 8.30 p.m. Old Coulsdon Evening Townswomen’s Guild, St. John’s Hall, Bradmore Green, Old Coulsdon, Surrey.
September 11th, 1 p.m. Rotary Club of Willesden West, “The Spotted Dog”, High Road, Willesden Green.
September 12th, 2.30 p.m. Burnham Town Women’s Guild, Burnham, Bucks.

September 19th, 3 p.m. Women’s League, Winchmore Hill Congregational Church, Winchmore Hill, N.21.

September 21st, 8 p.m. Public Meeting and film show “Every Eight Hours”, Sidcup District Committee of the Kent Spastics Society incorporating Bromley and District Spastics Group. Congregational Church Hall, Station Road, Sidcup.

September 26th, 3 p.m. Women’s Guild, Mile House, Plymouth.

September 27th, 8 p.m. The Friends of the Spastics Society in Hull and District.

September 29th, 2.15 p.m. Young Wives Bexleyheath Methodist Church, Bexleyheath, Kent.

NATIONAL SPASTICS SOCIETY

Registered in accordance with the National Assistance Act, 1948

28 FITZROY SQUARE
LONDON, W.1.

Telephone: EUSton 5651

President:

H.R.H. THE DUKE OF EDINBURGH

Vice-Presidents:

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P B LUCAS, DSO, DFC
Dr SYDNEY NORTHCOTE, D Mus
LADY RAMSDEN, MD
F. J. VAN NESTE

Patrons:

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THE LORD ARCHBISHOP OF CANTERBURY
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THE MODERATOR OF THE FREE CHURCH
FEDERAL COUNCIL
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WILFRED PICKLES, OBE
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MUTUAL UNDERSTANDING

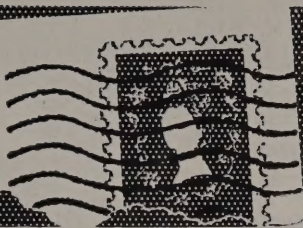
PUBLIC relations could be defined as "the deliberate, planned and sustained effort to establish and maintain mutual understanding between an organisation and its public". But have you ever thought that every parent and every spastic is himself or herself engaged in public relations every day?

In the street, in the office, in the factory and at home, they are helping to create this "understanding" of the handicapped.

The basis of public relations is the fostering of goodwill. You can help to foster this goodwill towards handicapped people in your daily life, in your every action, in your every word. The public will see and listen.

AND THE PUBLIC . . . HAS A HEART.

from the Mailbag



THE SOUTHAMPTON HOLIDAY

Dear Editor,

I feel I must pay public tribute to Mrs. Welch, and all those who helped to give my son Paul, aged six years, and all the children from the Southampton centre such a wonderful holiday at Sandown. They had ten days at a guest house, and no trouble and expense was spared.

It required a great deal of planning and organisation to arrange this holiday and our very grateful thanks to those who helped us so willingly and patiently.

Yours sincerely,

(Mrs.) PEGGY PARIS A LA VALETTE,
Stubbington, Hants.

MISS GARWOOD'S REVIEW

Dear Editor,

Many thanks for the supplement to the July issue of the SPASTICS NEWS. Miss Jean Garwood's review is the most comprehensive and practical I have yet seen on her particular subject, and it has many facets. So many indeed that I had despaired of any society ever grasping the implications.

My wife is 67, I am 70, and our spastic son is nearly 34. To give him variety we have sought various ways and means within our capacity to get him short-stay periods away from us. We have had some success but he was always with the chronic sick, or senile. There are, though, some very fine characters to be met in nursing homes, and not only amongst the staff.

Miss Garwood's idea of providing flats or bungalows near a residential centre is admirable, as it would give the spastic company and experience whilst at the same time fitting him or her into everyday life.

We should certainly be prepared to transplant ourselves for such a prospect and would find our own accommodation if there were facilities for day attendance.

Yours sincerely,

JOHN REID,
Wormald Green, Harrogate.

DRIVING GIVES CONFIDENCE

Dear Editor,

Our son, Peter, aged 17 years, who is a badly handicapped spastic, at the first attempt passed the driving test, with "a

high standard". He has no use in his left hand. We invented a suitable attachment to the gear lever and fitted a home-made brake for use by the right hand.

When he was young the doctors told us nothing could be done and he would never walk. Peter has a severe speech defect which makes him rather retiring when meeting strangers, and we are hoping that the effort he has made with his driving will encourage him to try to speak more distinctly. He is very clumsy with small things when using his right hand but really good at driving.

Should there be anyone who would like to know about the car adaption, we shall be pleased to oblige.

Hoping this will give others good heart.

Yours sincerely,

(Mrs.) JOAN BARNES,
Diss, Norfolk.

AN EMPLOYEE WRITES

Dear Editor,

I should like to thank Bradford Branch of the N.S.S. for all the help they have given me in finding a future for myself.

When I wrote to the branch secretary, Miss Pat Wilkinson, telling her that I had to leave my job due to my disability, she contacted the N.S.S. Employment Department. They gave me invaluable assistance, and after attending the assessment course at Clitheroe, my confidence in myself was vastly improved.

I am now happily installed in my new job at the largest mill in Bradford. But without the help of the local group, the Employment Department, Mrs. Harrington, with whom I lodged whilst in

London, and Mr. Clifton, who devoted so much time and patience to instructing me on the Tickopres, this would not have been possible. My grateful thanks to all.

Yours sincerely,
(Miss) MAVIS HAIGH,
Bradford, Yorks.

HALF-CROWN DONOR

Dear Editor,

On making a call, I remarked upon the large number of half-crowns contained in our N.S.S. box.

The proprietor told me that every Friday evening an old lady, well over 70, calls and places 2s. 6d. in the box. She works full time in the basement of one of London's largest hotels, and her first task after receiving her wages is to call and make her contribution.

Yours sincerely,
(Mrs.) V. ASHBY,
Box Collector.

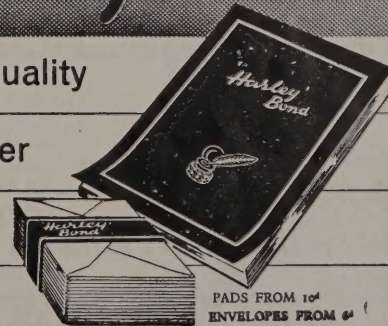
Yours...

for a better letter

Harley Bond

a high quality

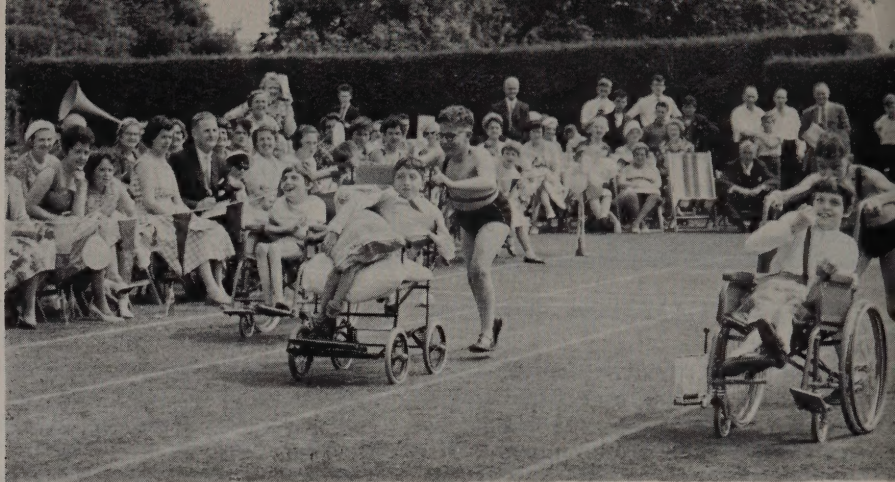
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MDM 1985

COUNTRY WIDE

From our roving reporter



Sports Day at Craig-y-Parc

PARENTS' COURSE AT CRAIG-Y-PARC

The Second held at the School

CRAIG-Y-PARC IS IN THE NEWS again this time for the special training course for parents. This is the second one held at the school, the object being to give the parents practical help in the care of their children. The director of the course was Mrs. C. M. Kearslake, the headmistress, and it was opened by Mr. A. J. Southwell, M.A., Inspector of the Home Office Children's Dept.

This year the brothers and sisters and near relatives of the eight spastic children chosen for the course lived together for a week learning how to cope with their special problems.

Medical specialists, therapists (physio and speech), social workers and teachers helped to tackle the numerous tasks which face the family.

The parents were made familiar with the basic elements of simple physical treatment and talks were given and films shown on a wide variety of relevant subjects.

Each child had a complete medical examination, an assessment of its intelligence, as well as hearing and eye tests.

Whilst there, all washing was done for the parents, meals prepared and dishes washed up. The other children were completely taken off their hands and outings arranged for these children daily. A capable night nurse was on duty and after children's bed-time, parents were able to relax and discuss with each other their own difficulties.

Full and interesting as the course was, however, it is not the end of the matter. Close contact will be kept with the parents. Reunions will take place at frequent intervals and every assistance will be given to parents whenever they need it.

Mrs. Kearslake is to be congratulated on the work and time she has expended to make this week the undoubted success it was and sheer joy from beginning to end.

Sports Day

The school sports day was also an important event looked forward to and prepared for many weeks beforehand by the children and staff.

The events are different. Here we saw, instead of the 100 yards, and quarter-mile, a table laying race, a water carrying race and other displays of skills which the handicapped child must master. Cycling proficiency and road safety drills were a feature. The children helped to prepare the pitch and to use the marker.

Every child in the school was involved in at least one event and each proudly wore his house colours and watched the score of his house with animation.

In the presence of 600 people, Dr. C. P. Stevens, Director of the N.S.S., opened the proceedings and Mrs. Stevens presented the prizes.

After this came the awarding of the book prizes for the year's work and progress; this should have taken place earlier in the term, but the building projects in hand made this impossible.

The last member to receive a prize was the school's donkey, Jenny, who received a bag of cob-nuts as a commendation for general improvement!

N.S.S. Conference at Bristol

For a week commencing Monday, 18-23 September, the N.S.S. is holding a conference on the *Management of Hemiplegic Cerebral Palsy in Children and Adults*, at Wills Hall, Bristol.

Many eminent specialists will be participating and will include people in paediatrics, orthopaedic surgery, neurosurgery, public health, pathology and neuropathology, physical

medicine, physiotherapy, neurology, psychiatry, psychopathology, psychology.

A full report of the conference will appear in a later issue of the NEWS.

75,000 Spastics in Britain

A Gallup poll at the request of the N.S.S. discloses that there are probably 75,000 spastics in Great Britain today.



Making a Date

Young film-makers "shooting" one of the girls making a calendar at the North Surrey Spastic Work Centre. The boys from the ciné-unit at Kingston - upon Thames Secondary Technical School, are all under 16. The film, entitled Making a Date was made in one day without interrupting the centre's normal work. It was made on 8 m.m.

film because 16 m.m. would have proved too expensive. Costs, which were borne by the boys, came to £5.

Who says the younger generation can't think for themselves?

Helping the Helpers

People who spend their working lives helping spastics—teachers, physiotherapists, nurses and others, are attending a special course on cerebral palsy at Craig-y-Parc School, Pen-tyrch, Cardiff, from August 27 to September 2.

Lecturers include Professor Paul Polani; Professor A. V. Neale, Department of Child Health, University of Bristol; Dr. M. E. Morley, Lecturer in Speech and Speech Pathology, King's College, University of Durham; and Dr. K. Lloyd of Cardiff Royal Infirmary, who is consultant to Craig-y-Parc School.

Mrs. C. M. Kearslake is the director of the course which is for people from Wales and the West. There have been group discussions, films, and visits to hospitals.

Jersey Branch Garden Fete

Nearly £400 was raised by the Jersey Branch of the N.S.S. at a garden fete held recently at the home of Mrs. E. Obbard, a patron of the Jersey Branch.

Several hundred people turned up to hear comedian Jon Pertwee declare the fete open. He told everyone that the money raised was to go towards providing a hydro-therapy pool at Ingfield Manor, Horsham, Sussex, at a total cost of £6,700. Almost half the amount has now been raised.

One of the most interesting stands was devoted to publicity, and a scale model of the pool, made by Mr. A. W. Filleul, hon. secretary of the Jersey Branch, occupied the central position. But the most popular seemed to be the one where Jersey Wonders (doughnuts with a difference) were made to order!

"Help the Disabled Week"

This year's "Help the Disabled Week" will be held from October 1 to October 7 and will be the third such week sponsored by the Central Council for the Care of Cripples. The Week is intended as an occasion for making more friends for the disabled and increasing the public's understanding of their problems. The encouragement of personal acts of kindness towards the disabled is the primary aim of the organisers.

This year churches of all denominations have indicated their readiness to help through special services. Health departments are co-operating with local voluntary organisations to put on exhibitions during the Week. It will be judged a success if some of the more lonely disabled are able to find new friends who will maintain their contact throughout the year.

Queen Mother Visits Streatham Home

We have heard from our old friend and contributor, Gordon Lister, at the British Home for Incurables, Streatham, that residents were honoured by a visit from H.M. Queen Elizabeth the Queen Mother. Their patron since 1925, the Queen Mother, attended by Lady Mary Harvey and Captain Alistair Aird, wished to mark the centenary of the foundation of the Home.

"Her Majesty accepted a teacloth," writes Gordon, "appropriately embroidered with Alexandra Roses by a patient to commemorate the patronage of Queen Alexandra from 1863 to 1925. From another patient Her Majesty bought bookmarks and other items which are ornamented and sold in aid of lepers. To a French speaking resident the Queen Mother spoke in her native tongue.

"It was a never-to-be-forgotten visit."

Traffic patrol officers are sometimes unfairly rebuked, "It's a pity you have nothing better to do," by certain irate motorists they have had occasion to caution, yet those same drivers would be the first to admit that the members of the Kent County Constabulary, No. 4 Area Traffic Department, Seabrook, near Hythe, have done an excellent job of preparing an old motor car and towing it to a garden at the rear of Beachborough Road, Folkestone, where it is used daily by 12-year-old Susan, a little spastic who cannot walk and is unable to talk except with her eyes and her smile. Strapped to the driving seat, she spends many happy hours pretending to drive whilst holding the driving wheel and operating the gear lever, thus allowing her mother time to do many jobs around the house which would otherwise remain undone.

The traffic officers call occasionally to encourage Susan's mechanical interest and to ensure, for her sake, that the car does NOT become roadworthy.



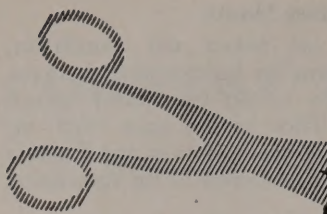
Photo by Keith Reynolds

Those Penny Piles

The public house at Catford, London, S.E.6, the Tiger's Head, can be very proud of itself. Michael Medwin, spurred on by the Pearly Kings and Queens, knocked over a penny pile worth £180. This is the third large gift which their customers have given to the N.S.S.

And talking of penny piles this is Candy, proud possessor of an N.S.S. collection certificate. Customers at the Prince Albert in London's S.W.11, bowl a penny to Candy who brings it to the owner Mr. Alfred Wilms-hurst. Candy gets a biscuit and the penny pile gets a bit taller. Candy has just had her first litter and is very proud to show her family her certificate of merit — well earned; for she must have run twenty miles after the pennies.





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this cou-
lack of asce-
capped after the ad-
of this Professor Mo-
rt in the su-
A working committee was ap-
naire, after which professional
to elect representatives to the
place in the third week in March
There will be a further mee-
delegate from each country
which will then have been colle-

NEWS IN BRIEF

Burnley:

Six young aspiring actors recently handed the Mayor, Cllr. Richard Stanworth, 11s. for the local spastics' fund. They earned the money by presenting a play in a garden to an audience of children.

(Edited from the Burnley Express and News.)

Barrow-in-Furness:

Seven little girls watched the Union Jack unfurl in a beautiful lakeland setting at Holmrook. They were members of the First Irton Company of Guides at a ceremony of breaking the new flag. All the members of this company are spastic children who live at Irton Hall School. Of the seven—five Guides and two Brownies—five are in wheel chairs and only two can walk. In their training as Guides they track each other through grounds in wheel chairs, with those who can walk and staff pushing the chairs along.

(Edited from the Barrow News.)

More than 800 people filled the Public Hall, Barrow, to see the "1961 Cabaret Revue" presented by the Rene School of Dancing. The entertainers were the 94 pupils of the class whose ages range from 3 to 19. They gave a show containing various forms of dancing, and one of the highlights was the ballet "Enchanted Lake". The show was in aid of the Barrow-in-Furness Spastic and Handicapped Children's Society, and was attended by the Society's vice-chairman, Mr. R. A. Wilton.

(Edited from the North Western Evening Mail.)

Goudhurst:

Two camps were held last month by the Kent Branch of the Red Cross for physically handicapped children between the ages of 7 and 14. Held at Bethany School, Goudhurst, the camp catered for children in the district who would otherwise be unlikely to have a holiday. Run by qualified officers of the Red Cross and helped by cadets and Girl Guides, all expenses were paid for by the Red Cross.

(Edited from the Kentish Express.)

Surrey:

During the present cricket season the N.W. Surrey Group have formed a team known as the District XI which has played two local teams in an effort to raise more funds for the White Lodge Centre. Although inclement weather prevailed on both occasions a total sum of £85 was raised—a truly magnificent effort. An attractive gimmick at the last match was two miniature cricket bats autographed by the Australian and England cricket XIs. The local students organised a Rag Week in aid of the same fund and realised the grand sum of £750.

Northampton:

When the Merry Comrades' Circle gave a hydrotherapy bathing pool to Mansfield Hospital, Northampton, in 1948, the installation was one of the first of its kind in the country for hospital use. Now the Circle hopes to provide a similar pool for the spastic, polio, and other handicapped children at the John Greenwood Shipman Home, Dallington.

(Edited from the Chronicle and Echo, Northampton.)

Belfast:

More than 400 spastic and handicapped children in Belfast enjoyed a day by the sea recently, thanks to the B.M.C. driver's club—the fourth annual outing arranged by them! Alderman Geddis paid tribute to their generosity in undertaking the outing on such a generous scale and pleaded for more financial support for such charitable schemes. While the children were being comfortably settled into the buses which took them to Donaghadee and Millisle, lollipops were being distributed, photographs were being taken, and a band was playing. In fact a very merry invasion of the calm which usually pervaded the normally sedate car park.

(Edited from the Belfast News Letter.)

Brighton:

The crowds gasped at the nonchalant antics of the trio with a motor-cycle perched 70 ft. above the ground. These bronzed Scandinavians who have travelled the world with their hair-raising act call themselves the Trio-Angelos. They perform on a revolving trapeze, propelled by the motor-cycle. However, Henning Schmucker, the oldest member of the trio, says that he is much more nervous driving on the roads than when revolving by his feet 70 ft. in the air and with no safety net! The Arenashow was a follow-up to a similar event last year. Organised by the Chanctonbury Lions Club for charity, the programme included a demonstration by R.A.F. Police dogs, a veteran and vintage car rally, a comedy car act, motor-cycle trick riders and a children's funfair and sideshows. Profits this year go to the N.S.S.

(Edited from the Southern Weekly News.)

Gravesend:

The Black Eagle Public House, at Galley Hill Road, Northfleet, has sent the society collections from the beacon totalling £42. Through the Beacon Club they have become so interested in the welfare of spastics that they have arranged with the headmaster of the Thomas Delarue School to entertain 20 of the children on September 30th. The customers and management of the pub are collecting the children to give them a really grand party.

Watford:

At the last monthly meeting of the Watford Group of the Herts Spastics Society the members heard with much gratitude from the Hon. Secretary, Mr. L. V. Holland, of a letter

from the Radlett and District Round Table, in which they promised to furnish and equip the speech therapy room in the clinic now being erected in North Watford.

Southend:

Southend Townswomen's Guild presented a variety concert in aid of local spastics at the Cliff Town Memorial Hall recently. Thanks to the fine efforts of performers and organisers a cheque for £21 is being forwarded to the Southend-on-Sea and District Spastics Society.

(Edited from the Southend Standard.)

Stockport:

House to house collections in Marple for the Stockport, High Peak and East Cheshire Spastics Society, were presented by the chairman of the council, Cllr. Yarwood, to the Society's vice-chairman. Cllr. Yarwood recalled that since a committee was formed in Marple three years ago to raise funds for Granville House, the centre at Heaton Moor, more than £700 had been collected in the area.

(Edited from the Stockport Advertiser.)

Chatham:

Disabled children were given help by an equally disabled sheep dog at Tunbridge Wells, where the annual sheep dog trials were held. The dog, Cloud, controlled only by the shrill whistles of his owner, successfully penned a lively flock who had made the task more difficult by bolting to the far end of the ground as the test began. Completely blind for the past three years, Cloud has helped the spastics' cause; pottery miniatures of her are being sold to aid the Delarue Spastics' School at Tonbridge. More than 2,000 visitors were present at the trials and the event, already a popular annual fixture, raised over £200 for the local branch of the N.S.S. In fact several contestants were to be seen busily engaged with the organiser making their bookings for the 1962 show.

(Edited from the Chatham Observer.)

Ilford:

A work centre for adult spastics unable to find employment is being organised by Ilford, Romford and District Spastics Association. Mrs. Cecily McCaul, the hon. secretary says, "The centre will be at IDSA Hall, Craven Gardens. Several factories have already promised to give us light assembly work which will enable spastics from school-leavers onwards to earn money comfortably. Working hours will be 9.30 to 4 p.m. and transport and meals will be provided. This further development in the local spastics association's organisation will enable handicapped people to realise that they can do something useful and productive." No machinery is to be used but the work will be varied and interesting. The Society is hoping that other firms will take part in the scheme too. Anyone who wishes to contact the Ilford, Romford and District Spastics Association should write to Mrs. McCaul at 269 Mortlake Road, Ilford (enclosing a 3d. stamp) or phone her at Ilford 5096.

(Edited from the Ilford Recorder.)

Middlesbrough:

As a result of donations collected in the County and Vine Hotels, Mr. R. McCarthy presented a cheque for £20 to the Tees-side Parents and Friends of Spastics. Receiving the cheque Mr. A. Heseltine expressed his thanks to Mr. McCarthy for organising the collections and also to the licensees and their customers for their generosity toward the spastics fund.

(Edited from the Evening Gazette, Middlesbrough.)

Cardiff:

In order to provide funds for the Cardiff Day Centre, members and their friends have, during the last 15 months, formed themselves into a working party which meets each week. One of the gigantic jobs well in hand is the making of some 6,000 calendars for sale during the Christmas season. This summer they have organised jumble sales, a Derby sweepstake, and in conjunction with the Colcet Pony Club run a pony gymkhana, which raised well over £100. During August their handicrafts were on display and for sale at several horticultural shows which were held in the district. This year the annual picnic arranged by Cardiff and District for their members was held at Aberavon Sands, where they were the guests for the Port Talbot Round Table at a luncheon, and afterwards entertainment at the seaside pavilion was kindly arranged by the Borough authorities. The Cardiff Society's Spastic Sunday will this year be held on September 3rd and for the third year running the evening service will be sung by a group of students from Cambridge—the Baccholian Singers who during their summer vacation tour the country and present whatever money they raise from their choral peregrinations to the Cardiff group.

Carlisle:

A garden party, organised by Mrs. Southard, Mill Ellers, Dalston, Carlisle, was held recently and realised a total of £168 10s. 0d.

THERE ARE NO

CRISPS

TO EQUAL

SMITH'S

FOR QUALITY AND FLAVOUR

PERSONALITY PARADE

NEW APPOINTMENTS IN THE N.S.S.



J. A. LORING

ASSISTANT DIRECTOR

THE Society announces the appointment of Mr. J. A. Loring to co-ordinate the work of the projects, employment and social welfare departments.

THE post, which for the time being will be referred to as Assistant Director Services, is new and its creation reflects the increasing size and complexity of the Society's work.

Mr. Loring joined the N.S.S. nearly a year ago, as treasurer, and pending the appointment of a successor he will hold both positions.

Before joining the Society, he held a senior position with the John Léwis Partnership. He was previously secre-

tary of Culpepper House Ltd., and the Society of Herbalists. During the war he served in the R.A.F. and was a member of a small mixed force which accepted the Japanese surrender of Hong Kong in 1945.

Mr. Loring is 43 and an Associate of the Corporation of Secretaries, and holds a diploma in Economics at London University. For some years he was a member of the council of the Office Management Association and chairman of its London branch.

DEREK LANCASTER-GAYE

LOCAL PROJECTS SECRETARY

A LOCAL Projects Secretary has now been appointed. Mrs. Clifton, our overworked Projects Secretary, whom we are happy to welcome back after her long illness, will be able to leave local project affairs to Mr. Lancaster-Gaye, and Col. Jefferson will be able to give all his attention to the Birmingham Workshop.



Married with two boys, Mr. Lancaster-Gaye, who is 33, studied architecture for a time at the Brighton School of Art, before joining the Royal Artillery. He was commissioned from Sandhurst to the R. Sussex Regiment, and served in Europe and the Middle East as Staff Captain, 1st Armoured Division.

In 1948 he joined the hospital service immediately prior to the N.H.S., as a pupil hospital administrator, for three years at Southend-on-Sea Hospital. After service in a number of hospitals he was appointed secretary to Ipswich Borough General Hospital in 1951. In 1954 he was appointed Hospital Secretary to the Gold Coast Government, where his principal duty was the equipping and opening of the new £4½ million Kumasi Central Hospital. He returned to the United Kingdom four years later.

To gain experience in other sides of the N.H.S., he left the hospital service in 1958 for an appointment as Assistant General Secretary to the Medical Practitioners' Union, a national professional organisation of medical men and women. In this post he became the Director of the "Medical World" Design Unit, set up especially to advise General Practitioners on the design and layout of practice premises, and himself designed over 80 doctors' practice units.

While in the Gold Coast he studied accountancy and became a member of the Institute of Company Accountants. Being a man of many interests he then took up law, and hopes shortly to be called to the Bar.

At present he is engaged on writing a technical book on design in medical equipment, which he hopes to have published by the end of the year.

Despite this tremendous activity, Mr. Lancaster-Gaye still finds time for his other interests such as creative art, design, watercolour painting, and journalism, contributing many articles to magazines. SPASTICS NEWS hopes soon to have a contribution from him.

We feel sure that the centres run by local groups will have a fair champion in Mr. Lancaster-Gaye, and we wish him every success with the Society.

SOUTH-EAST REGION

THE new Regional Officer for the South-East is **Mr. J. J. Welch**, who has left his old position as R.O. to the Western Region to take up this new appointment.

A new Regional Officer for the Western Region is now being recruited, but it is not likely that the office in Taunton will be functioning again until October.

In the meantime, Mrs. Hill, who is secretary to the Western R.O., will keep the office in Taunton going on a caretaker basis. It will be her duty to see that enquiries and correspondence for the Western Regional Officer are forwarded to the proper groups at H.Q., and that correspondence with groups and individuals, which is normally routed through the R.O. gets to its proper destination.

Mr. S. T. Langley, the first South-East Regional Officer, is leaving the job for personal reasons.



R. WALMSLEY

INDUSTRIAL ORGANISER

ANOTHER new appointment is Mr. R. Walmsley, who will be organising staff collections in factories and industrial premises in the greater London area.

Before joining the National Spastics Society, he was engaged in similar work for Dr. Barnardo's Homes, and the Oxford Committee for Famine Relief.

We are sure Mr. Walmsley will help to fill the boxes.

COMFORT FOR PARENTS

HERE is a letter from parents who had had grave doubts about their severely handicapped child's care outside of their home.

"My wife and I would like you to know that our daughter, Patricia, has been found to be a very good patient at Leybourne Grange Hospital. I don't know whether you have ever had the good chance of seeing this hospital, but we think it the loveliest we've ever seen.

"Furthermore, our gratitude goes out to all the people responsible for the running of it. One has to see how it is managed to realise why Patricia, together with all the other patients, is so happy. We thank God for His help."

Leybourne Grange is a hospital for severely backward children—one of a type of which parents (not having visited) have often expressed dread to me. Patricia's parents kept her in the most loving and wonderful standard before she left home, and we are so pleased to know that they are happy with her good care.

E. F. TOWNSEND

(Senior Social Worker)

BOOKLET REVIEW

OUTSIDE THE TREATMENT ROOM

A CONTRIBUTION to the current efforts in helping the parent of the spastic child is the new booklet brought out by the **British Council for the Welfare of Spastics**.

Entitled *Outside the Treatment Room*, it endeavours in its 12 small pages to give the parent "some simple general guidance on principles of physical care and handling (of his child) in the home."

The foreword sensibly states that "the majority of children with cerebral palsy need some expert treatment but most of their time is spent outside the treatment room and most of the value of all types of treatment may be lost unless there is an adequate 'carry-over' from formal treatment to methods of physical care and handling during the major part of the day"—a problem well understood by parents and houseparents.

It goes on to stress the importance of

encouraging good postures for the child in the home and the avoidance of bad ones.

Especially beneficial is the frequent changing of the child's position. A normal child changes his position naturally and frequently but many C.P. children cannot do this.

The booklet believes in the usefulness of adapted furniture rather than that which is elaborate and expensive but even this must be discontinued as soon as is possible.

The advice given comes under the following headings and is amply illustrated with clear and well-labelled photographs.

Sitting in a chair: having the correct seat, foot rest, groin straps, arm rests and castors is discussed.

Sitting on the floor: the reason for the avoidance of long sitting and abnormal knee sitting is explained.

Lying on the tummy is recommended for good posture.

The right ways of *feeding* and *carrying* are described. The use of *tricycles*; the correct way to *put on boots, toileting* and *bathing aids* are simply and easily detailed.

This invaluable booklet was written for the B.C.W.S. by Miss V. Culloty, M.C.S.P., Superintendent Physiotherapist of the Percy Hedley Centre for Spastic Children, at Newcastle-upon-Tyne, who has had many years' experience of treating spastic children and of advising parents and child care staff. Her recent lectures on the subject have led to a number of requests for publication of her material.

This booklet is the result and it may be obtained from the B.C.W.S., 13 Suffolk Street, Haymarket, London, S.W.1. Price: 2/-.



Side view of Centre showing the sun terrace

THE ISLE OF WIGHT SPASTIC CENTRE

THE island, nestling in the English Channel just off the Southern English coastline between Portsmouth and Bournemouth, is well-known to everyone.

Twenty miles long by 16 miles wide the Isle of Wight is shaped like a turtle—an extremely satisfactory shape for an island—and is undoubtedly English but the inhabitants belong to a world of their own. England is still referred to as “the mainland” and life goes on in the Isle at a more leisurely pace.

Although imported fruits such as oranges and apples are dearer than in London, many people grow their own vegetables or buy them direct from farms or market gardens. Their eggs are always fresh, and the cream (clotted) is delicious; as I discovered to the subsequent horror of my bathroom scales!

In the heart of this slow-moving friendly community has been built a spastic centre, at Newport; lying gracefully alongside St. Mary's Hospital is the modern well-planned one-storey establishment. It stands on a hill overlooking some beautiful rolling farmland and the front garden beds have been planted with a mass of rose trees, which in July were a feast of colour and scent.

Ample Storage and Muted Decor

Mr. Cyril Sheppard, F. L. R. I. B. A., was motivated by practical ideas, and the unit is lucky to have ample storage cupboards strategically placed by the different rooms to contain and hide their overflow. The physiotherapy room therefore is neat and tidy, with Dunlopillo mattresses on the pale pink vinyl-tiled floor, wall bars and other fixed equipment, while the storage room adjacent has stacked away mechanical aids to walking, tricycles and other gadgets which usually clutter up the physio room, when not actually in use.

The physio therapist prefers to work close to the ground as the children can move about on the vinyl floor covering without becoming dirty or getting splinters.

This flooring is a feature of the entire unit with different colours for each room and the corridor but all in muted pastel shades. In fact all the colours chosen for the walls—they are painted—were muted too and well selected. These soft colours are so much kinder to the eyes and so much more soothing to the nerves than garish reds and harsh yellows.

The large cupboard off the main schoolroom is similarly utilised and stores the firing kiln used for the pottery classes.

A section of this class room has been partly screened off to form the workshop, a woodwork corner where the children have helped Mr. Goldsbrough, the head-

master, to construct most of the special furniture required. A large sink set low with draining boards at either side allows even the smallest to reach the taps and enjoy water play.

Samples of the children's paintings hang on the walls and on display too are their attempts at pottery. One of the latest acquisitions is a complete train set, with complicated tracks and rolling stock, worked by remote control. Fixing it up though would seem to be an expert's job!

Another smaller schoolroom across the passage is used for individual lessons, and has two electric typewriters on which two pupils have produced some really creditable work, and their prowess at arithmetic has greatly improved.

Teaching Aid Tidy

All the wooden teaching aids have been made by Mr. Goldsbrough, and standing in one corner of this classroom is another proof of the orderliness of this centre. A cabinet composed entirely of small drawers, two rows, has been constructed and the names of the contents painted on the face. Hence “laces” and “arithmetic aids” really do contain just those things, and not a jumble of goods. An excellent idea to copy for all those small but necessary items.

The speech therapy room is next door, a fairly small but sensible size, complete with the ubiquitous tape recorder. (Last



Laying the foundation stone. The Duke of Wellington, K.G., addresses the assembly at the ceremony

Christmas this was used for committing their Nativity play to tape for all time.)

Next along the line is the staff room, the only room with a carpet—rightly so—making it very cosy. This effect is not at all spoilt by the filing cabinet in one corner. Then physio, storage and waiting room at the end of the unit.

The other side of the passage has the kitchen next to the main class room, used for teaching cookery to the girls and for baking birthday cakes and preparing goodies for those “day of days” when a party is held.

A Hydrotherapy Pool

The cloakroom comes next, one half for girls the other for boys, partitioned halfway. Leading off this is the unit’s pride and joy, a fully equipped hydrotherapy pool with a hoist and dressing room. The pool, adored by the children, is used for both them and people from the hospital who need its treatment. Mrs. Morris, the hydrotherapist, dressed in her swimsuit, enters the pool with the children, and encircled by rubber floats, like the Little Mermaid, they can move in the water with so much more ease than on land.

Whilst I was there two other women who were crippled with polio had treatment and their pleasure and relief at being in this warm water and being able to move their limbs about, was revealing,

though in actual fact the psychological improvement that is effected is far greater than the actual physical improvement.

A Happy Organisation

The waiting room is at the far end and the hospital proper is just behind; their physiotherapy department runs into the waiting room. It is simple then for the physio supplied by the hospital to flit backwards and forwards treating both hospital and unit patients when it is necessary to help in the hospital due to staff shortage.

The Isle of Wight unit is, however, quite self-contained and separate. It is run extremely thoroughly by Mr. Goldsbrough who is an ex-Navy man. “All ship-shape and Bristol fashion” certainly applies in this unit.

Miss J. Hall, the physio, Mrs. Armstrong, the nursery nurse, two cadet nurses from St. Mary’s, and the speech therapist, all work together for the children, and there is much leeway on all sides so that it is the children who benefit everytime by the rules and not just the staff.

Mrs. Armstrong is obviously one of the mainstays of the unit; on her shoulder lies most of the routine, care and attention. Despite, or maybe because of, the fact that her own husband was stricken with polio, she gives a great deal of her energy to the children.

Varied Routine

Already the pupils have spent a night out camping in the grounds and cooking breakfast the following morning. Next year Mr. Goldsbrough has some more ambitious plans, about which I have been sworn to secrecy.

The children get out and about as much as possible, and it is no wonder that they are not too pleased when the holidays arrive. Although they have as much free time as other schools, the holidays are arranged so that only four weeks are they away in the summer, a week in the autumn and spring breaking up these terms.

Too long away from school is felt to interrupt their training.

Local Authorities Co-operate

Meals are provided by the local authority and so are the therapists and transport. In fact the Isle of Wight medical and educational authorities could not be more co-operative without smothering the centre and the group.

The centre started to operate on January 7, 1960, and was officially opened on May 7, 1960, by Cliff Michelmores (B.B.C.). The cost was £15,000 but it is money well spent.

On an average ten children attend daily with about another ten coming for treatment. The ineducable spastics attend the local occupational centre run by the authority. It is planned to build a wing on to the present centre in order to extend the trial period of younger spastic children who may be ineducable, but need a longer chance to break through.

Community Life

To live in the Isle of Wight is to always be near the sea, and so these children have got one advantage over those from inland that they can draw their experiences from both the countryside and the sea shore.

The island itself is self-contained, and therefore the children have a chance to understand life in all sections of the community.

The friendly people too give their financial support and show a keen interest in the welfare of their neighbours.

A charming Isle with charming people; parents of spastics living there need not fear for the future.



After lunch interlude. Mr. Goldsbrough, the Headmaster, and one of his young pupils, take a look at their pet jackdaw. The jackdaw was given to the children after someone had unkindly clipped its wings

The Page that Keeps You Up-to-Date with the Latest in Scientific Development and Invention

GAS COOKERS FOR THE HANDICAPPED

WITH a few simple aids handicapped people today lead busy, useful lives, tackling odd jobs in the home or carrying on household duties, and many like to cook a meal for themselves.

A gas cooker, in two models, the "G.C.1" and "G.C.2" has been specially designed to help them. This cooker, designed by the Gas Council, is manufactured by Messrs. Sidney Flavel & Co Ltd.

Special Features

The "G.C.1" cooker is similar in appearance to the usual gas cooker. As an alternative to the "G.C.1", the "G.C.2" cooker is planned so that the oven and hotplate can be placed side by side, and installed at any height convenient for a person in a wheelchair or who cannot bend over the oven. Both have several devices to assist those using them. (See caption to picture).

How to Get the Cooker

These cookers can be purchased from the Gas Board for a cash payment of about £33, or on H.P. terms. These prices do not include fixing.

On the recommendation of a Medical Officer the cooker may be obtained at a special hire rate of 2s. 6d. per week, including fixing. The Medical Officer should be asked to supply a note or certificate which should then be forwarded to the Gas Board.

In the case of persons in receipt of National Assistance they should apply to their National Assistance Officer for additional help to cover the hire cost. This application should be made before approaching the Gas Board for the supply of the cooker.

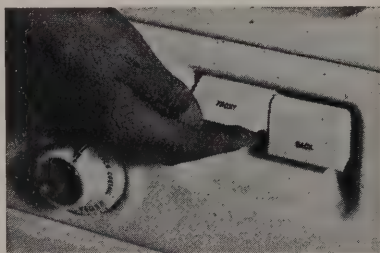
Further enquires may be made to:

THE GAS COUNCIL,
1, Grosvenor Place,
London, S.W.1.

or to the Commercial Manager of your Gas Board.

Adaptations to Existing Cookers

People with hand disabilities usually find levers easiest to manage. Many gas appliances have taps with a wide flange across them and these are, in effect, small levers; one gas cooker (with automatic hotplate lighting) has taps which simply require lifting. These can be managed by people who may not be able to use their fingers at all. It is sometimes pos-



sible to fit lever taps of this kind on to existing cookers. Otherwise the use of a tap-adaptor (a feature devised by occupational therapists) may provide a solution. This consists of a solid body with a large lever or knob, the other end being grooved to fit on the tap.

Easy-to-Grasp Thermostat Heads

Large thermostat knobs are fairly easy to handle; small ones may be more difficult, but a hole can be bored centrally through the knob into which a pencil or rod can be inserted to act as a lever. Many thermostats do have a flange however.

CONSTANT HOT WATER

Had you thought too about getting a boiling water heater to avoid the need for kettles? A number of these gas water heaters are available with easily manipulated controls; some have levers, others have large knurled knobs which can be turned with quite a slack handgrip.

The "G.C.1" Special Features

Automatic lighting to two boiling burners and grill.

A device to prevent main gas leaving the burners unless a pilot flame is alight.

Gas taps with lever handles, so that tap can be turned on with back of hand or elbow, if necessary.

Handle to oven thermostat head, for easy turning. Numbered settings can be identified by touch as well as sight and when rotated the thermostat head 'clicks'.

Lighting aperture in the front of oven base. A gas torch can be fitted to the side of the cooker.

Inside oven roof is hinged to swing down for easy cleaning.

Large handle fitted to oven door which is held shut by a spring latch and can be opened by a direct pull.

Handy storage drawer below oven.



WARMTH WITHOUT STOOPING

With the autumn months soon upon us comes the time to think about heating.

A gas fire with a lever or flanged tap on the top is easily reached without stooping and simplifies turning. In most cases a press button above the tap lights the fire automatically. This idea should be applied to all gas fires and would prevent the face coming too near the flame.

Gas Fire adapted for a high-level tap

An existing fire with the tap at floor level can have the gas supply adapted so that the control tap is raised to a suitable

height to cut out any need for bending. The Gas Board will gladly undertake this alteration for a handicapped person. It may also be helpful to have 'plug-in' points put in at a higher level for other appliances, such as gas poker and hearth-type boiling rings.

PREPAYMENT METERS

Did you know that a 'shilling-in-the-slot' meter can be supplied with a long lever for turning the key after insertion of the coin? A long lever of this kind can also be fitted to existing meters. If the meter is fixed in an awkward position the Gas Board will move it to a more convenient position.

THERAPEUTIC CLOGS



Lunda Toffeln Clogs

QUITE a craze on the Continent and in America are these attractive clogs specially designed for foot exercising. Different from the usual "exercising sandals" marketed over here, these are hand carved by paraplegics under the direct supervision of Professor Gunnar Wiburg of the Lund Lasarettet Hospital, Lund, Sweden. They provide for metatarsal support and are designed to be orthopaedically correct.

Special Wood

The clogs are manufactured in wood taken from the centre of the tree so that they cannot split. The strap is made from leather which is padded for comfort.

Useful in the Garden

Now in the shops, they cost 48s. 6d. but are worth it for the comfort. They are especially good, too, for walking in a garden or for wearing when taking a public shower or when walking about at a swimming pool.

THE 'SALUD' EXERCISER

New from Sweden

A Therapeutic Training Machine

IN this country for the first time is an ingenious training machine invented by a Mr. Allan Aronsohn from Sweden. It is intended to help handicapped people in their struggle for regaining vigour and activeness.

Following a war injury to his spine, when his right arm and leg were completely paralysed, Mr. Aronsohn went to the Canary Islands to recover. There "SALUD" (meaning health in Spanish) was born, the prototype a primitive affair of wood and ropes.

Fully recovered through its daily use, back in Sweden Mr. Aronsohn set to redesigning this machine with the help of an engineer friend, Mr. Bertil Jönsson.

'SALUD'—How it Works

This machine is adjustable to all body sizes and all degrees of muscular weakness. You can almost call the invention a perpetuum mobile. To start with, there is a chair, adjustable and orthopaedically correct and on a swivel thereby allowing seriously handicapped people easy access. In front of the chair there is a pedal support on the same principle as that of a bicycle, adjustable to all sizes of feet, and fastened with straps.

In front of the chair on both sides there is an adjustable hand crank. Via a chain transmission the different pedals and cranks are syncromeshed with each other. On a principal axis on the front part, a brake arrangement has been placed with variable effect.

When training a patient he is placed in the chair with feet and hands on the pedals and cranks. Through the co-operating movement between the pedals and cranks the strength needed in order to bring the machine to work is very small.

First the Movement—then the Strength

When training with "SALUD" the first few times are directed to accustoming the body to the natural movements. By degrees, when the required activity is reached, the training of the muscles will begin (the active training) by increasing the resistance with the brake, which gives,

with standard weights, an effect to a maximum of five pounds.

If a patient is so seriously handicapped that he cannot drive this machine an electric motor can be started and stopped with a plastic contact, which can be placed in the patient's mouth, and is handled with the tip of the tongue. The man can then take care of his own rehabilitation—supervised, of course, by competent personnel.

This new invention has been tested in Sewdish clinics and in other countries, and in a considerable number of private homes. The recommendations have only been positive.

Trial at N.S.S. School

SPASTICS NEWS arranged for the machine to be given a thorough trial at the Thomas Delarue School in Tonbridge. Mr. H. B. Davies, M.B.E., the Headmaster writes:

"... This machine would have a limited use for older spastics with the aims of treatment to develop muscle strengthening or the increasing of joint range. It would seem, therefore, more suitable for a rehabilitation centre or gymnasium rather than a school such as this.

But I would say that we welcome any new device which may have value for the treatment of our pupils, and we are most grateful for the opportunity to examine and try this machine."

For information about this machine, write to P. Matson, Esq., Sivewright Bacon & Co., 55 Brown Street, Manchester 2.



Anthony Preston of Warrington tries the "Salud"

Marilyn Monroe shows how to look elegant . . . even in a wheelchair

"**S**OMEONE should one day write a thesis on the rise in the social acceptability of the wheelchair. It is not a glamorous form of transport. Yet nowadays the Queen Mother launches a ship from one. Even sex symbols like Marilyn Monroe travel in them. Here she leaves the New York hospital where she had a gall-bladder operation." So said "William Hickey" in a recent issue of the *Daily Express*.

This was just what was needed, we thought, to boost your morale, girls, and encourage you to keep those summer complexions glowing through the autumn months. It is obvious that not everyone can have Marilyn's "film star" looks but there is no reason why you can't have "film star" grooming and poise.

In April our own Shirley Keene, who is always whistle-worthy, gave her tips on cosmetics and make-up. To these we should like to add further points in this grooming business.

First - Face

Before applying the powder and paint, please, oh please pluck or wax those eyebrows if necessary—and often—unless you wish to look like a bush baby (Eyes don't meet in the middle so why should eyebrows?). Defuzz in fact wherever necessary, a cosmetic wax will act as a quick and simple depilatory for the upper lip (the handle-bar club is not for you). Keep legs smooth—a sheer stocking won't hide the undergrowth. Legs can be shaved once a week after a bath, or a cream might prove safer, but if you use a razor remember to have your own kit. Fathers or brothers do *not* like lending theirs.

And what about clean teeth and a sweet mouth. All those ads. about the hapless one in the middle are not just to amuse the passer-by—yes halitosis (bad breath to you) is your enemy. There is no point in presenting an enticing picture if when you daintily thrust forward your face, lips parted in true F.S.* manner, other people hastily draw their's back. And while on this subject don't forget a daily wash down is a must, a

deoderant should be a permanent item in your bathroom cabinet . . . and *used*.

Next - Hair

Sitting or standing, fat, thin, tall, short, lightly or heavily handicapped, your hair can be your best ambassador. Your hair is on constant show and consequently it should be one of your most alluring features. Do not be afraid to wash it often—at least once a week, twice for a really clean crowning glory. Win the fight against dandruff, and *brush, brush, brush*, regularly. "Shining clean" applies most of all here. Why not try a rinse if nature's colouring doesn't appeal to your own private image of yourself. If you are "mousy" *have* a golden rinse, the glittering improvement might make you gasp. Experiment until the right colour is achieved. After all why should glamour be the prerogative of film stars. For example, it's amazing what really red hair can do for an "ordinary" face. Your colouring is perfect? O.K. then leave well alone.

Then - Hands

If you want your's held they should always be well creamed, and sm-oo-o-th, nails clean, rounded and buffed, or for those blessed with long nails, painted a suitable shade. Gloves if white, should prove their allegiance to that colour and *not* to grey.



And, of course, Clothes

That all clothes should be clean goes without saying but they must also be well pressed. The oldest most faded garment will look smart if ironed properly, particular attention being paid to the collars and front portion. If ironing is a problem, today, man-made fibres do away with this tiresome chore, so see that when buying new clothes they really don't need ironing. To keep them smooth, fold carefully (learn the correct way of folding clothes) or hang on a hanger as soon as you take off the garment. If you just throw it down waiting for someone else to tidy it away, more than likely the next time you need it you'll be giving that eternal cry, "I've got nothing to wear."

Not Forgetting Feet Care and Shoes

Wash feet daily and dust with talc. Even if you can't wear the latest fashion in shoes, your's can be in good repair and well polished. No fraying laces here please, and the ends to be tied in a neat bow.

Now You Should Have "It"

One final word, smile, with your eyes if not with your mouth. Your personality is there to be used and developed. Warmth from within, sincerity and a happy nature correctly projected will make you as devastatingly attractive as any new protégée from the celluloid city.

*Film Star.

Tricycling is his Hobby

Tony Hogg (right) and Horace Fletcher set off on their trikes.



[Courtesy: Lincolnshire Echo]

A BRIGHT-FACED man dressed in a loose red short-sleeved shirt breezed into my office one morning. His cheery toothy grin stretched his face, and I just had to smile back. This was Anthony Hogg, our newly-discovered 'cycling enthusiast.

Tony, a spastic, had just spent 12 days of his summer vacation touring the Fen country with a 61-year-old friend, Horace Fletcher—on a *tricycle*! Horace, too, is handicapped, having a "sleepy" right side.

Tony's trike is not of the usual sort, he has a Harding Invalid Tricycle with two wheels in front and one behind—evidently such a strange arrangement gives more stability. On these machines, the two started their 450-mile tour, staying overnight at youth hostels.

From their homes they cycled to Stevenage, made a tour of Huntingdonshire, Lincolnshire, Norfolk, Essex, Suffolk and Hertfordshire and then an 18-mile overnight run home. Tony recalls with mixed feelings, "I slept for 24 hours after that!"

Cycles to Work

The B.B.C. has known Tony as their internal messenger for the past 14 years and many notable personalities give him a cheery "hello". Every day he travels 12 miles to and from work on his trike and, on the road too, people often give

the thumbs-up sign. "Not everyone has a trike like mine," smiles Tony. (Nor a personality.)

On week-ends the undaunted pair make roughly 50 miles per day, and for the past four years Tony has spent his summer holidays cycling in England. It took about two months to learn to ride and to acquire the confidence to go out and tour. Now he can proudly say that he is equal to anyone on the road. To date he has averaged 30 miles a day, totalling in his five years of cycling 25,000 miles.

Often he goes on all-night runs, starting late at night. "There's not so much traffic then," he explains. "That which you do get is mainly commercial, long distance lorries and so forth, and they are a lot chummier. The only real trouble is the glare of headlights from oncoming traffic."

Like all devoted enthusiasts to any sport, Tony keeps a diary. In it goes an account of his day's efforts and it certainly makes "tiring" reading. Yours truly was fair worn out just by reading those mileages.

"My trike?" queries Tony at a question from me. "It's £26 of good value, worth £1,000 to me. The trike has saved me a fortune. To be able to travel hundreds of miles without putting your hand in your pocket apart from finding the price of a cup of tea is a great consideration in these days of higher living costs—especially now that the price of petrol has been raised. The punctures I mend myself, but I have very

few as the tyres are Michelin X which I consider to be the best."

Nevertheless, not all the energy goes into one sport. Twice a week he goes to an Old Tyme dancing class, one at Wembley and one at Cricklewood for spastics. Being a reluctant batchelor, these clubs prove additionally useful in his quest for a wife.

Round the World

Tony keeps up-to-date with all the national cycling tours and his ambition is to have someone sponsor him on a round-the-world trip on his tricycle, the aim being to help people like himself and to give them confidence. There must be many people, he contends, who haven't the courage to take up cycling on their own. In his case his muscle tone has greatly improved and certainly our enthusiast oozes confidence and bonhomie.

As he quips: "Bike it and you'll like it."

Perhaps our political leaders should forsake their own mobile armchairs and take to this airier mode of transport.

The summit conferences would be as well replaced by the Big Four taking part in a bicycle rally. No guesses as to who would win!

If you are interested in finding out more about cycling, please contact The Cyclists Touring Club, 3 Craven Hill, London, W.2. Tel: PADdington 8271.

M.G.



EMPLOYMENT CORNER

The following young people have been successful in obtaining a place in employment or training:

June Briggs, of Leeds, has commenced Tickopres training.

Christine Chisholm, from Surrey, after completing her course in a secretarial bureau, is now filling a niche in the business world.

Robert Davies, of Burbage, Leicester, has started work with a firm of printers.

Veronica Galloway, of Scotland, was accepted for Tickopres training, and is now a Tickopres operator for a Scottish printing firm.

Maureen Garret, of South Oxhey, Herts, has obtained a situation as a Power Samas trainee-operator.

Barry Lapwood, of Waltham Cross, has been accepted at Enham Alamein.

Stanley Riches, of Norfolk, is working as a laboratory assistant for a grain merchant.

Julie Watkiss-Thomas, of Chester, is employed in general office work.

Megan Davies of Bristol, Jennifer Ingold of Maidstone, and Morton Sutherland of Meopham, Kent, are all busily engaged on our Homework Scheme, and are making embroidered cameo brooches, hand-painted plaques, and costume jewellery.

ASSESSMENT COURSE X

Once again the Employment Department generously spent their Bank Holiday supervising the young people on what was the Society's 10th Assessment Course.

This time, however, the venue could not have been more happily chosen for an August Bank Holiday—the Devon school at Ivybridge, Dame Hannah Rogers.

Reports of the progress received while going to press were that the students thoroughly enjoyed their seaside tryst. The true saga will appear in next month's issue when we may hope to discover just what they all got up to this time!

ON THE AMERICAN FRONT

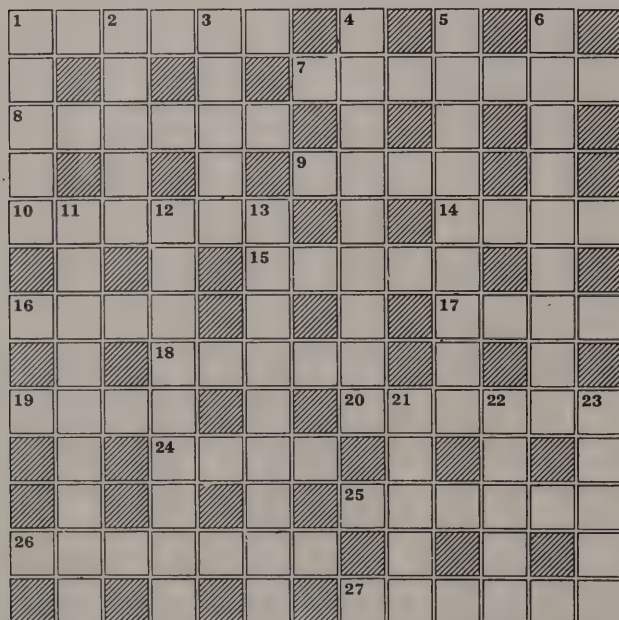
News has arrived from New York that at its 48th Annual Convention in Washington, the International Association of Personnel in Employment Security unanimously adopted a resolution encouraging greater understanding throughout the world of the employability of handicapped.

The resolution stated that IAPES will co-operate with the World Commission on Vocational Rehabilitation of the International Society, and the Committee for the Handicapped of the "People-to-People" in their programmes.

World Commission on Vocational Rehabilitation objectives are: to overcome employment problems and increase employment of handicapped; conduct research and demonstration programmes in vocational rehabilitation. This is made possible by a U.S. Office of Vocational Rehabilitation grant.

The Committee for the Handicapped of the "People-to-People" programme works bilaterally between the U.S. and other countries to promote clearer understanding among disabled people and increase understanding of disablement; acts as a clearing house on information and possible assistance; channels rehabilitation devices to needy countries.

CROSSWORD PUZZLE No. 15



ACROSS

1. Shaky old amunition pouch. 6.
7. and 19. Herein Lacie and Tillie lived with 3. 7, 4.

8. Pass away asleep. 6.
9. Priestley potentate. 4.
10. Lacking them do poets go blank? 6.
14. He married the shrew of all time. 4.
15. Prone enough to bury in a way. 5.
16. Hence "lived to fight another day". 4.
17. Borodin's prince. 4.
18. Urge a different point of view. 5.
19. See 7. 4.
20. Novel kind of harvest. 6.
24. "I had as . . . not be as live to be
In awe of such a thing as I myself," Julius Caesar. 4.
25. Fit in and beg around half of London. 6.
26. The constellation that rose to begin a Royal Tree. 7.
27. See 1 dn. 6.

DOWN

1. and 27. The odd way to bankruptcy? 5, 6.
2. Here the laity are all at sixes and sevens. 5.
3. See 7 (across). 5.
4. Trunk caller? 9.
5. Adriatic hound! 9.
6. The hindmost of Dukes perhaps. 5, 4.
11. European national in the vale. 9.
12. Suitable award for the stroke play champion. 9.
13. Choose to separate. 6, 3.
21. One who has it all taped maybe. 5.
22. Hardly the hum of industry. 5.
23. Power with a big if. 5.

I CAN MANAGE

by Dora Howell

*Dora's sister Elsie
in her Toc H regalia*



CHAPTER XXI

ADA came to visit us and tried her hardest to prevent mother and me returning to London, but my mind was made up and nothing would change it.

The shell of our house was standing but windows were broken and rooms were full of rubble furniture in an awful mess. We managed to find the back door and enter the kitchen. Nellie said, "There how do you like it?" Poor mother sat on an old chair and cried like a baby. Turning on me in a fury Nellie exclaimed "Now, look what you've done," and she put her arms round mother saying gently, "Never mind, dear, I'll soon sort things out and then we must get you evacuated again." My mind was saying, "Over my dead body," but I said nothing.

Nellie fixed us up at the Rest Centre where we were to remain for a fortnight before being evacuated. The Rest Centre was my old school so I felt perfectly at home. All the people there were homeless but very brave and friendly. Mother already looked like a different person. The next door school was a communal centre where we went for meals.

The next fortnight was happy. Nellie and the evacuation lady interviewed us several times thinking of sending us to Wales. One morning I plucked up courage and spoke my mind, "Look here, we are *not* going away again. I've had quite enough and doctor has said that mother would be better here. I won't see her break her heart again." Nellie looked tired, "After all this time trying to find something, this is what *you* have to say. Don't kid yourself, because it has been quiet, it won't always be like this." Mrs. Howard-Smith looked at all of us and then said, "What do you think mother? Do be sensible." To my surprise mother said meekly, "I think we ought to go." I was utterly astonished and said, "Well I give up, but don't grumble when we're away because you'll get no sympathy from me. Not one little bit."

At dinner that night I tried to be affable to mother. She whispered, "We're not going for another fortnight darling. A room has been found for the time being and tomorrow we are going there."

Our new bed-sitting room was a large front room belonging to a pleasant lady who lived with her husband and daughter, a sweet girl of 16. She and I soon became fond of each other as she liked reading, poetry and music. I longed to be able to stay but it was not possible. The mother advised me to make it quite clear that we would *not* go away and that she would try to keep us a few weeks longer until other accommoda-

tion could be found. Mother seemed quite well again now and was ordering me about. My fighting spirit was back.

Harry, Nellie and Mrs. Howard-Smith called in one morning giving us news of a place in Wales. "You will be going Monday week," Mrs. Howard-Smith announced sweetly. They had reckoned without my stubbornness however. "We are *not* going, unless mother goes without me," I answered firmly "If you force me to go, I promise you, you will be very sorry!"

They tried hard to dissuade me but my mind was made up. Nellie said accusingly, "Poor mother, *she* doesn't care what happens." I answered haughtily, "No, nor do you, as long as you get rid of us!"

After their departure I explained my reasoning to mother. A terrible pain in my back and legs would cause me to be taken off my feet. In my own surroundings I knew my way about and felt able to keep going. We had had enough of workhouses. If I died I wanted to die at home. Mother said little, but it was evident that she was just as determined as I was. The next day she went out vowing not to return until she found rooms or a flat. After what seemed an eternity mother reappeared all smiles. "It's all right darling," she said. "I have found the rooms and we are going there on Monday. There is one small bedroom and a large sitting room." We went in together and she flopped into the first chair, kicking off her shoes triumphantly with a naughty twinkle in her eye. Looking at me she exclaimed, "Never say die!"

Nellie rallied round finally and offered help with the removals coming up with the bright suggestion that we should have a Morrison shelter in the bedroom in case of raids. This was arranged for us.

Fortunately no raids disturbed our peace. We soon settled in very happily and mother was restored to her old self again. Then one happy day we heard that *peace* had been declared. How happy we were! It now meant we could go out in the evenings instead of diving into the shelter. I felt very happy and humble when all my friends came along to celebrate the *peace* with me.

CHAPTER XXII

THE next "red-letter" day came when my sister returned from Australia for a holiday. What a day that was!

She sent a wire saying she would arrive sometime on the 24th, the anniversary of my mother's wedding-day, but she wanted to arrive alone as she had walked out alone. We simply had to wait. I had not seen Elsie for over 30 years

and she was bringing her daughter whom I had never seen—what would they be like?

Nellie asked if any arrangements had been made to sleep the visitors. Mother said, "I've arranged for them to have a nice bedroom next door." "Oh, mother, I should have booked at a hotel," Nellie remonstrated, "She is used to better than this and may not like it here."

Mother looked very hurt, "Well, I've done my best, if they don't like it they must make other arrangements themselves."

At last Elsie and her daughter, Joyce, arrived, and naturally all sorts of questions were asked about the voyage and life in Australia. Mother told Elsie she had booked a bedroom for her next door. Nellie butted in with her previous remarks about hotel accommodation. Dear Elsie's retort was indignant. "Look here Nellie this is my home and where mother and Dora are—no matter how poor, I am content to be with them." That night we were all too excited to sleep. "Mother," I observed, "I've found a new sister—I didn't know she could be so sweet." Mother just smiled her approval.

Eight o'clock next morning we heard Elsie's key in the door. "Please, Nurse Elsie has arrived," she announced. Nurse Howell can get the breakfast while I bathe the patient Dora. The probationer nurse will be arriving later, she is sleepy." "This is the first help we have had," I said gladly, "Well," she said, "it wouldn't hurt any of them to come and help during the week. Nevertheless while I am here Nurse Howell can have a rest."

The following weeks proved to be very happy. Mother was overjoyed to find that Elsie and I were such good friends. Elsie enquired about our plans for Christmas. The others had told us many weeks ago that they were going to be away so we were to stay at home.

"In that case we can be together," remarked Elsie. "I am afraid though that it will be the last one as Joyce is not very happy as she naturally misses her friends."

One evening both Nellie and Ada invited us to stay with them for Christmas. Elsie answered them indignantly "Aren't you going away?" They had changed their plans subject to Elsie's arrival. I was against it so Elsie told them that she and Joyce would spend a happy and quiet time with mother and me.

Nellie was annoyed and said angrily, "Oh, please yourself, I suppose this is Dora's idea!" I replied, "Mother and I never go where we are not wanted, Nellie."

"Haven't I had you every Christmas for the last six years? it's always me every time," she said furiously. Elsie spoke quietly saying, "I should consider it an honour and a privilege to have them. You will not always have a mother." How true these words were. I had been feeling faint of late so Elsie made me go to a doctor. He asked me all kinds of questions, and diagnosed some kind of kidney trouble.

Nothing was to be done, however, until after the holiday. So Christmas came and went happily. Elsie, Joyce and I had a quiet talk on Christmas night while mother was dozing. She told me they were going back the following week and would tell mother in the morning.

The dreaded morning of Elsie's departure drew nearer. Harry had offered to take her to the station in his car. Elsie insisted on bringing our breakfast in bed for us. We heard her up and preparing food at six o'clock in the morning. She came gaily in to us saying "Good morning" as she performed this last duty. She lit the fire and Joyce came in and they both talked excitedly about going away and how much they had enjoyed themselves in our simple home. Mother and I were too sad to talk much. The car arrived and Harry's



*Dora's nephew
Ken and his
bride*

voice said, "Come on girls." In a trice it seemed our good-byes were said and they were gone.

Mother and I looked at each other. "She's gone, my daughter." We were both crying and I said, "Now then mother, you just promised me not to upset yourself." Mother looked surprised and said, "Don't be daft, you're crying yourself."

CHAPTER XXIII

ONE afternoon I had an idea. Why not open a club for the disabled. Mother was incredulous. "What, in these two little rooms!" she said. But I had it worked out. I would ask the Vicar if we could have the vicarage room, then send a chain letter to the disabled people. The organiser from the Shaftesbury Society would probably help. When I put my suggestion to her, she was delighted and offered to write the letters at once. I knew she would want to run the club her way, rather than mine and was prepared when she said, "What about having handicrafts and needlework?" "Oh no," I hastily replied, "there is plenty of time at home to do those things. I want my club to be a relaxation with games and a friendly atmosphere." The vicar was agreeable to the idea and suggested Saturday afternoons as a good time.

The following week mother and I were kept busy opening the door to various people concerning the club. Volunteers provided in abundance everything that was required. Even flowers had been provided and some ladies had offered to make and serve tea. The great day arrived, the chief organiser from the Shaftesbury Society came and someone very sweetly presented me with a bouquet. The club was a huge success.

The next week, however, proved to be very worrying. On the Wednesday I had to go to have my X-rays which showed a large stone in my right kidney. An operation being too dangerous at that stage, more drugs were prescribed to ease the pain and make life more bearable. Unfortunately it was gradually taking me off my feet and I was forced to use my chair more often. When I did manage to go out walking, it was only for very short distances, as I came back very exhausted.

One day to our surprise a lady visitor came from the Housing Committee to say she had found us a flat. There

was even a conservatory outside the dining room and mother was itching to get her pots and plants well-housed.

Very soon we were settled in, the family helping all they could and a "home help" was sent along by the Housing Committee. It seemed that we should be settled for years now.

Harry said to me one day, "Now all you want to make it complete is a dog." When my next birthday came, with it was Harry and a puppy in his coat. We called it Mickie.

The Saturday afternoon club flourished and one spastic girl there became very fond of me and I was able to help her a great deal as she had little will power and self-confidence to help herself.

As time went on my back began to get worse and I was admitted into the local hospital for observation. It was discovered that not only had I kidney trouble but a bone in my spine was out of place. A week later I was discharged as an out-patient and was to receive treatment twice a week but still they could *not* remove the kidney. Weeks went by; Easter was near at hand.

CHAPTER XXIV

AT Easter mother caught a bad chill while gardening but she would *not* give in. The doctor diagnosed acute bronchitis and said her pulse was very weak. Each day her condition worsened and she could not bear me out of her sight. For a whole fortnight I was beside her day and night and I prayed for strength to carry on. A specialist was sent for who advised pencillin injections. This wonderful treatment did prove beneficial. By the beginning of June mother was well enough to get up and could sit in the garden. Nevertheless she was very depressed. I had had to give up my club, but all my friends rallied round me.

One evening Nellie and her husband went out to have their first break in weeks. Mother hated to see them go and begged them to stay. When they had left, however, she tried to make me give her an overdose of pills and take the same number myself. "I want you to come with me," she whispered.

The next morning I was dressing when mother called me weakly. I went over to her and saw her face had changed considerably. She murmured, "I'm going Dora, put your arms round me." I rang a little bell for Nellie who came rushing in and demanded loudly, "Now what's the matter?" As I did not answer she came straight over to mother who said quietly, "I'm dying Nellie, I'm dying." Nellie began to cry. "Pull yourself together," I said sternly. Nellie said tearfully, "She's always saying she's dying and its not fair." I said, "Can't you see she *is* very ill and we've got to be brave, both of us." I was full of courage, and like most spastics found big troubles easier to bear than little ones. Mother, holding my hand tightly whispered, "My Dora and my Nellie." She fell back on the pillows. Alarmed, Nellie cried, "Oh she's fainted." But I knew differently. She was dead.

Nellie began to cry hysterically, and the District Nurse who came as usual to wash mother shouted at her, "*This* is the one you must care for now." I was put into an arm-chair, shivering all over. The vicar arrived and tried to console me. "My dear, you have much work to do," he said. I queried unbelievably, "Such as?" He replied, "Giving others encouragement and telling them what a wonderful mother you had." I looked at him, my heart was breaking but still I could not cry.

I had gathered from their scraps of conversation that in future I should not be wanted. They were thinking of putting me into a home. It was decided to send me to Ada and Mickie would have to be put to sleep. I began to wonder

what kind of reception I should get at Ada's, because her daughter-in-law was coming home from hospital to her the very same day. Ada had done her share by nursing mother. But what else could I do?

At Ada's we met her extremely distraught. "I can't have Mickie right away," she said. I replied, "It's quite all right all my pets have gone." "I think you're very brave," she murmured but nobody knew how I felt inside. Ken was kind too as he said "Good-bye," but I was feeling cold towards him. It had been his suggestion that I should be put in a home.

I looked out into their lovely garden. The sun was shining beautifully and I wondered how everything could look so lovely and yet in my heart everything was dark and sad.

Soon afterwards Frank arrived with Peggy and was very surprised to see me. I overheard him discussing me in the kitchen, "Why can't the others have her?" he was demanding. "It's only for a few days," Ada consoled him, "After all I am the eldest." I thought to myself, why all this fuss because I can do most things for myself. The few days turned out to be seven months.

My future was thoroughly discussed and eventually I agreed to go into a home, on condition that it was not too far away from them all. Very quickly Harry and Ken sold my home leaving me with a few belongings.

So the weeks dragged on. I was very lonely and walked about in a day-dream, wondering if I were a person or not. Ada was out quite a lot leaving me alone. Her son and his wife and Ada had been arguing about me saying they couldn't keep me much longer. I was present at these arguments and often went to bed feeling very depressed. One morning, left alone as usual, I wandered into the little kitchen wondering if I dare turn on the gas and finish everything? Then I thought this foolish action might hurt others, so I staggered back and lay on my bed thinking. I considered it carefully and then put my hand tightly round my throat but I only succeeded in fainting. When I came round the pillows were over my face. I pushed them from me thinking how wicked I was. Mother's familiar voice seemed to be saying, "It's always worse before it's better dear."

At last the Welfare Officer came to tell me she had found a home for me in London (at Dalston).

I was desperately unhappy there until eventually Ada came to take me home. Later I found myself at Vi's for a few weeks.

During this time the Family Welfare Officer offered me a vacancy in a home at Oxford. I didn't want to go as I knew it was run by Sisters and my last experience had frightened me. I begged Ada not to make me go there saying it would be just like the last one. Ada was adamant, "You must go, we can't keep you for ever." Without more ado Nellie and Ada accompanied me much against my will. We arrived at the home just after mid-day. A high wall surrounded the grounds and I thought, "Ah, here is my prison." My heart sank as I yearned for my mother. We went through the gate into a lovely garden, but my old doubts returned when I saw the nuns. A nurse came out when she heard the car. I was relieved to see her as I still had the kidney trouble. I felt that at least I should be cared for here.

I was taken into a very nice ward with cubicle beds. The patients smiled at me very pleasantly and seemed to be happy. I thought to myself, I won't be a trouble to anybody here I *will* try to be happy. Other nurses looked in, speaking in a friendly way and hoped I would be happy. To my astonishment my sisters were singing my praises to the nurses.

(To be continued)

Group Alterations

New Officials:

BARROW-IN-FURNESS & DISTRICT (Formerly Furness & District)

Secretary:

MRS. E. TUCKER,
108 North Row,
Roose,
Barrow-in-Furness, Lancs.

Treasurer:

R. A. WILTON, ESQ.,
38 Horndale Avenue,
Barrow-in-Furness.

BISHOP'S STORTFORD & DISTRICT **GROUP**

Hon. Secretary:

MISS A. JACKSON,
Rye Street Hospital,
Bishop's Stortford, Herts.

BRIDGWATER & DISTRICT

Hon. Secretary:

MISS E. TURNER
43 Upper High Street,
Taunton, Somerset.

CENTRAL SURREY GROUP

Hon. Secretary:

MRS. E. REYNOLDS,
1 West Gardens,
Ewell, Surrey.

CUMBERLAND, WESTMORLAND & FURNESS

Chairman:

J. D. HERD, ESQ.,
Midland Bank,
Court Square,
Carlisle.

Treasurer:

MR. HUTCHBY,
19 Kentmere Grove,
Carlisle.

HULL & DISTRICT

Chairman:

MRS. H. CARTER,
297 Beverly Road,
Anlaby, Hull.

Vice-Chairman:

E. A. MORFITT, ESQ.,
13 Stockbridge Road,
Greatfield Estate,
Hull.

LEICESTER GROUP

Chairman:

CLLR. MRS. M. N. JACKSON,
21 Bankart Avenue,
Leicester.

NOTTINGHAM FRIENDS OF SPASTICS GROUP

Treasurer:

J. G. PYWELL, ESQ.,
Lloyds Bank Ltd.,
Old Market Square,
Nottingham.

RAWMARSH & PARKGATE SPASTICS SOCIETY

Hon. Secretary:

MRS. A. M. ELLIS,
8 Knapton Avenue,
Rawmarsh, nr. Rotherham.

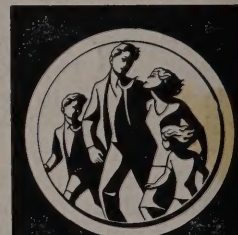
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Classified Ads.

Halifax and District Group of the N.S.S.

Halifax Group N.S.S. wish to appoint a Male Instructor and Supervisor of their small workshop now being built in Halifax for spastics not employable in industry. A deep concern for the handicapped, knowledge of light engineering and ability to obtain suitable sub-contract work are considered essential. Details of experience, qualifications, and an indication,

please, of salary required, to the Group Secretary, 75 King Cross Street, Halifax.

JOHN BUNDOCK **SPECIALIST IN PORTRAITURE**

Sittings from 3 gns.

Commercial and Industrial work
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